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Sacramento Gender Association

Volume 1 Issue 22 December 1995

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Lambda Community Center
Sacramento, CA

Presidents Corner by Ava

Hi There!

Well here it is December already. The meetings in November were well attended and we have a few more new people getting involved with the Association.

Wittnie and I made a presentation to the board of Lambda and SGA is now the official transgendered referal point for them. Their grand opening of their new building will be December 8,1995. The address of the new place is 919 20th street. (that is on the east side of the street between I & J Streets.

Also being close to the end of the year, I'd like for our members to start thinking about next years elections and if anyone would like to run for the board let Wittnie or I know. Please if you want to be on the board, be willing to put in some time for the SGA.

THANK YOU!!!

The Board and Members of SGA would like to thank Dr. Rebecca Auge, Ph.D. for attending our November 11, 1995 meeting and dinner at the Tea Cup.

As a formal meeting space was not available Dr. Auge was able to pass out information and talk to some members on a one-to-one basis.

Dr. Auge has promised to return in the future. Please be sure to read her questions printed in this issue.

GOING'S ON?

If you thought the months of October and November were busy a look at this months calendar may give a new meaning to SOCIAL EVENTS. So dust off the make-up and look into your closet for your finest.

First on December 9, 1995 is a family style dinner sponsored by **The Tea Cup.** They want to show their appreciation to the members for their past patronage. Each member attending the dinner will receive a small gift from The Tea Cup. Dinner will be served family style with a sampling of everything they prepare on the menu.

After dinner your hostess, Emily, would like you to join in a fashion contest. She has promised that her costume will beat any we can think of and wants to steal first prize for herself. All the crew of the Tea Cup will be participating in the event - as she has commented, "Why should you girls have all the fun?"

Next, just one week later, is the **Annual SGA Christmas Party.** On Saturday night December 16, 1995 at 7:00 at **Joseph's.** A Social Affaire will be serving a special buffet dinner at a very special price for SGA members. Tables will be set-up on the dance floor just for SGA members. Dinner, Gift Exchange, Christmas Tree, Decorations, and Door Prize all promise for a fun filled evening.

This meeting has been moved up one week early due to the Christmas Holiday (as per SGA By Laws). The regularly scheduled meeting would have occurred two days before Christmas.

For those of you who have not made Christmas dinner plans there will be a special dinner on **Christmas Day** presented in the traditional style by **A Social Affaire.** Reservations are requested.

Next comes New Years Eve. **Joseph's** will be having their Annual New Years **Midnight Buffet.** There will be a door charge on this **night** which will include dinner, Champagne, party favors and Entertainment.

Many members attended this function last year had had a great **time.** After 2:00 AM coffee and soft drinks will be served till 4:00?

Merry Christmas and Happy New Year from the SGA Board

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Sacramento Gender Association
Blue Rose Chapter
PO Box 215456
Sacramento, California 95821-1456
Phone (916) 482-7742

The Sacramento Gender Association (SGA) is a non-sexual, membership-based organization serving the educational, recreational, and fun needs of the gender challenged community , their spouses, significant others, family members and professionals. Membership is open to all interested persons regardless of gender or sexual orientation.

BOARD MEMBERS

President .....Ava P
Board Member.....Wittnie J
Board Member.....Linda Lee
Board Member .....Shelby B
Board Member.....Bernadette

Newsletter Editor .....Wittnie J
Past President..... Chrissy W

COURTESY ADVERTISEMENTS

Business Cards and other small (business card size) advertisements are provided at NO CHARGE for a three issue period to professionals and business' providing services, support, seminars, or talks. Please patronize these business'

The S.G.A. Newsletter is published monthly the first week of each month.. Submissions should arrive at SGA by the 25th day of the previous month. Contents reflect the opinions of the contributors, and are not necessarily those of SGA. Other organizations may reprint or reproduce un-copyrighted portions of the newsletter for their members provided SGA is acknowledged. Copyrighted material may be reproduced with written permission of the writer or author.

Please submit all articles 8.5 x 11 paper, typewritten with 10-14 point type, or WORD 2.0, WordPerfect, or ASCII Text on 3.5/5.25 disk

Shelby's Musings

What Are You Hung-up On?

We all have some hang-up regarding this whole thing of being out there presenting ourselves as a member of the opposite sex. Let's face it, for many of us it's probably hang-ups ! For me, it's height... just ask anyone who knows me, they'll tell you I am constantly worrying about my height. It's not so much that there aren't tall girls (albeit few at 6'3"), but more the fact that if you do happen to be a tall girl, then you will attract attention regardless of your true sex. I have not generally let this bother me although I do prefer to sit rather than stand when out, so as to draw less attention to myself.

Well like many aspects of our lives, these hang-ups may be more in our own heads than reality. Of course the only way to tell for sure is to be willing to take a chance and find out rather than hiding (in the closet). I have been amazed over the past couple of months the number of times my height has come up and then proven to be a non-issue. People actually are willing to accept that I am a tall girl or they just don't care. I guess either is just as acceptable.

At the end of August, I spent a week at Tahoe and spent a fair amount of time in the casinos. One afternoon I had gone in to the lady's room at Harvey's to wash my hands and encountered an older lady and her two grandchildren. As I started to wash my hands, she said to one of the

(Continued on page 3)

COMPUTER USERS

	COMPUSERVE	AOL	INTERNET
AVA P	75224,1767	AVA4SGA	75224.1767@COMPUSERVE.COM
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LINDA LEE	73134,567		73134.567@COMPUSERVE.COM
KAY MYERS	75460,234	KENMIII	75460.234@COMPUSERVE.COM
SHELBY B			SHELBYB@IBM.NET
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The following is reprinted from a hand-out presented by Dr. Rebecca Auge, Ph.D. at the November 11, 1995 meeting.

SOME QUESTIONS TO HELP ME UNDERSTAND WHAT I WANT:

1) How do I want to live my life? What do I need to be satisfied?

2) What gender role fits for me? How can I tell it my preferred role fits and is the most livable role for me?

3) What are some safe ways to explore my preferred gender role?

4) Do I want to change my gender role, or can I be happy as a cross dresser (part-time gender role changer), or as a fantasizer?

5) What occupation might enable me to support myself and finance the costs of changing gender roles? Can I change gender roles on my present job? How will I support myself?

6) What are the pros and cons of hormone therapy?

7) Will my sexuality change as I change, that is, will I be attracted to women, men, both, or neither? Am I mainly attracted to transgender persons?

8) How do I explain my changes to my family and friends? Where can I gain social support?

9) What if changing gender roles doesn't work. Can I go back to where I was before?

10) Do I need to have genital surgery to feel complete? What are the pros and cons of SRS?

11) Are there some less complicated or less risky ways to deal with my gender issues?

12) How will I know if changing gender roles works for me?

(Continued from page 2)

little girls, "We're in luck." She then said to me, "Excuse me but could I trouble you for a moment." I said. "Sure, what can I do for you ?" Well, it seems that both the girls had helium filled balloons and one of them had gotten away. The lady wanted me to get it down from ceiling for her. I told her that was no problem, and immediately reached up and pulled the balloon down, giving it to the little girl who had lost it. The lady said to the girl, "Can you say thank you ?" She thanked me, but I think those two girls suspected something despite the fact that their grandmother seems to have missed it !

Earlier in that same week, I was in the Crazy Shirt Shop downstairs at Harrah's (my how Harrah's has changed). I was wearing a tee-shirt that I had gotten at the Crazy Shirt Shop in Carmel and the girls working in the store immediately noticed and started talking to me about when I'd been in Carmel. Well, I made my purchase but planned to go gambling and didn't want to have to carry a package around (besides, I planned on having to carry around all my winnings). They said they could hold it for me and I could just stop by on my way out. I said great and went off to win my fortune. When I returned to the store, there was a big guy working there. As I entered the store I flashed him a big smile (what else !), and asked him if he had a package in the back for Shelby ? He said he'd look. When He came back out he said, "Shelby ?" and I said, "Yes." He then handed me the package and said, "This is my Shelby" as he pulled out a picture of his girl friend. "Of course, she's not as tall as you... she's only 5'11" ", he said. I said "Well I'm 6'2" " (OK, so I lied... it made me feel better and it was a small lie) and he said, "Yes I know, I'm 6'4"." We then had a lengthily discussion about the name "Shelby" and how it wasn't very common.

One Friday afternoon I was shopping in Raley's. As I was walking through the deli section, I reached up and grabbed a package of cheese. One of the ladies working at the store was re-stocking some shelves and said, "My I wish I had your height." I said it wasn't always such an advantage. But she went on about the advantages of being tall, being able to wear a wider variety of clothes and how many of us tall girls looked like models (I just love it) !

Over Labor Day, I was shopping at Lerner's at Sunrise Mall (couldn't resist all the sales). There was a line for the pair of cash registers and as my turn came up and I stepped up to the register, the sales girl said, "You are SOOO tall !" I said something about it helping if you play volleyball and handed her my purchases. But she continued on by getting the attention of the girl working the register next to her, saying, "Look at her... look how tall she is... I think that is so neat !" She then turned back to me, "Do you play basketball too ?" I said I didn't and we exchanged a few more words as I paid. Perhaps the most entertaining thing about this entire episode was the roughly ten year old girl with her mother at the other register. The way she took the whole thing in, I could just imagine she was thinking, "What's wrong with all you adults, can't you see what's going on here ?"

Finally, a week ago I was shopping Saturday morning at Raley's. As I was walking down the aisle, a (literally) little old lady came up to me and asked if I could help her by getting down a package of cereal from a high up shelf that she couldn't reach. She said, "You're so much taller than I am." (Daaaaa, only about a foot-and-a-half !). I said sure and asked her which one she wanted.

So, there you have it. Most people seem to be able to deal with the concept of Tall Girl much better than I. Think about it... that may be true of many of the things that are bothering you too.

SHELBY BEACH

Editor Note: Sorry for the reduced type size but, in order to fit the entire article within one issue it was necessary.

PLACES TO DINE

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3514 MARCONI AVE (8)
483-1220
FRI & SAT 5:00 - 10:00
SUNDAY BRUNCH 10:20 AM - 2:30 PM

"TEA CUP CAFE"
1614 21st STREET (4)
448-6212
DAILY TILL 9:00 PM

"HAMBURGER MARY'S"
1630 "J" STREET (7)
441-4340
DAILY 10:00 AM TO 10:00 PM

"THE TOWNHOUSE"
1517 21st STREET (3)
441-5122
FRIDAY & SATURDAY 5:00 to 7:00

"THE CORNERSTONE"
2330 "J" STREET (6)
441-0948

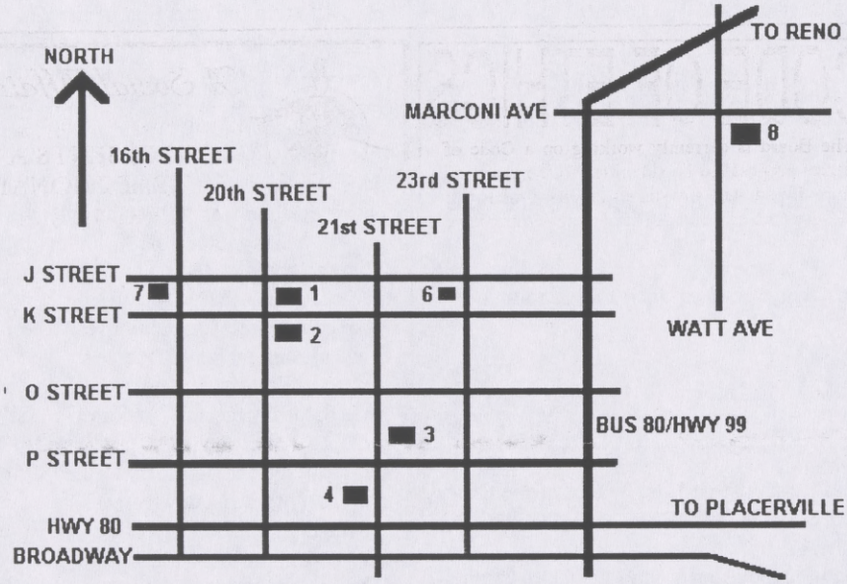
PLACES TO DANCE

"JOSEPH'S TOWN & COUNTRY"
3514 MARCONI AVE (8)
483-1220

"THE TOWNHOUSE"
1517 21st STREET (3)
441-5122

"FACES"
2000 "K" STREET (2)
448-7798

"THE WESTERN"
2001 "K" STREET (1)
443-9831



GENDER RELATED GROUPS & ACTIVITIES

Pacific Center for Human Growth
A counseling oriented growth center, sponsors all-inclusive gender support groups on every Friday except the last Friday of the month at 8:00 PM. 2712 Telegraph Avenue, Berkeley. Call (510) 841-6224

Rainbow Gender Association (RGA)
Meets the 1st and 3rd Friday of the month 8:00 PM at the New Community of Faith Church, 6350 Rainbow Drive, San Jose. Write RGA, PO Box 700730, San Jose, CA 95170. Call (408)984-4044

Diablo Valley Girls (DVG)
Meets 1st and 3rd Monday of every month 8:00 PM at Just Rewards Nightclub, 2520 Camino Diablo in Walnut Creek. Write DVG, PO Box 272885, Concord, CA 94527-2885. Call (510) 937-8432

The Tenderloin Self-Help Centre
(a project of the Central City Community Hospital House funded by the Community Mental Health Services) Meets every Wednesday, 4-6 PM, at 191 Golden Gate, San Francisco: Call (415) 554-0518

F.T.M.
A support group for Female-to-Male crossdressers and transsexuals, holds both open Informational Meetings and closed Support Meetings. Write: FTM, 5337 College Avenue #142, Oakland, CA 94618. Call: (510) 827-2646

Educational TV Channel (ETVC)
The largest organization of this type in Northern CA providing a wide variety of support including: rap groups, a SO support group, print & video libraries, outreach, educational, and lots of social activities. Write:ETVC, PO Box 426486, San Francisco, CA 94142-6486. Call: (510) 549-2665 or Voice-Mail (415) 334-3439.

LAMBDA COMMUNITY CENTER
Sacramento's largest G/L/B organization providing a wide variety of support and participation in community activities and awareness.
919 20th Street, Sacramento, CA
(916) 442-0185

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SACRAMENTO, CA 95816
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Sacramento Gender Association

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ST LUKES MEDICAL BLDG
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TY HEDBLAD, PhD
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MEDICAL CARE & HORMONES
(Not a Public Assisted Program)
AVAILABLE TO QUAILIFID MEMBERS ONLY. FOR INFORMATION CONTACT WITTNIE AT S.G.A. MEETINGS.

MICHAEL P. SEMMENS
Attorney at Law
3535 Marconi Avenue, Ste 212
Sacramento, CA 95821 (916) 482-6878

BE SURE TO MENTION S.G.A. MEMBERSHIP

I.M.A.G.E. TEN COMMANDMENTS FOR M/F MEMBERS

1 Thou art making a gender expression. Thou shalt remember at all times that thou dost represent the gender community and that the public shall judge us all by thee.
2 Thou shalt not eat like a truck driver.
3 Thou shalt not walk like a construction worker.
4 Thou shalt not speak with a loud and boisterous voice.
5 Thou shalt not stand when visiting the white throne.
6 Thou shalt not dress or act like a lady of the evening.
7 Thou shalt not make a spectacle of thyself nor bring negative attention to thyself in public.
8 Thou shalt not pass gas in public nor belch loudly nor blow thy nose while dining out.
9 Thou shalt be prompt for thine appointments and call if thou cans't keep them.
10 Thou shalt remember that thou art not a gentleman but always a lady.

As we part dear sisters let us remember that the bond which unites us is as strong without as within this meeting place and that the value of our quest for womanhood lies in the manifestation of our conduct at all times. Hold your head high until we meet again.

CODE OF ETHICS

The Board is currently working on a Code of Ethics proposal to be submitted to the membership. If you have any suggestions as to what you feel are necessary rules of ethics or conduct please forward your ideas to Ava.

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Gender Issues
Life Transitions
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NUCLEUS FOR HEALTH

Continuing with the subject of strengthening the heart and magnesium, studies have shown that a weakened heart is almost always deficient in magnesium. Studies have also shown that increasing the intake of magnesium via diet and supplementation is very beneficial at preventing dangerous heart irregularities and strengthening the heart. Deep green vegetables are the best dietary source of magnesium.

Other natural ways to protect yourself from heart attack include: fish oil in particular salmon oil contains a strong platelet antisticking agent; garlic and onions tend to block the clotting mechanism and will also help to lower cholesterol levels; vitamin C, 1000 mg to 3000 mg per day, is an important factor in prostaglandin production and cholesterol reduction; niacin and vitamin B-6 are well known anti-atherosclerotic agents and the B's in general may be,protective against heart attacks; L-carnitine and L-taurine are two amino acids which are essential for a healthy heart by increasing the metabolism of fat in the heart; Lecithin in the form of two or three tablespoons a day has been shown to lower the cholesterol levels; vitamin E helps to thin the blood and protects the inside of the artery; Coenzyme Q 10, 100 mg per day, has had dramatic results in the treatment of heart problems; magnesium , 1 , 0 0 0 mg ider day, relaxes the blood vessels and reduces the peripheral resistance of the artery; potassium is essential for balancing the ratio of sodium (salt) in our diet and thereby lowering the blood pressure substantially.

NOTICE

THE S.G.A. AND IT'S BOARD MEMBERS NEITHER ENDORSE OR REJECT THE OPINIONS OF THE AUTHOR OF THE PRECEDING ARTICLE "NECLEUS FOR HEALTH" AND SUGGEST THAT ANY SELF ADMINISTERED DRUGS OR HERBS BE CHECKED WITH A PHYSICIAN FOR POSSIBLE SIDE EFFECTS OR ADVERSE REACTIONS TO ANY MEDICATION.

A potassium based salt substitute can be found in most grocery stores under the names of Morton Salt Substitute, Nu-Salt, and No Salt.

A combination of the above non-prescription supplements and a diet high in fiber and exercise will help strengthen the heart and thin the blood. Next time more on the diet. Remember moderation is the important element of good health and its the holidays so have fun!

Tina Louise

Special Holiday Dinner

SPONSORED BY

THE TEA CUP

1614 21ST STREET

Family Style Dinner

&

Fashion Show

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DECEMBER 9, 1995

7:00 PM

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SPECIAL EVENT

Sacramento Gender Association

ANNUAL CHRISTMAS PARTY

SATURDAY, DECEMBER 16, 1995

ALL YOU CAN EAT

SPECIAL BUFFET DINNER

CATERED BY A SOCIAL AFFAIRÉ
AND HOSTED BY JOSEPH

GIFT EXCHANGE

EACH PERSON ATTENDING IS REQUESTED TO BRING A GIFT PRICED BETWEEN $5-$8. ALL GIFTS WILL BE PLACED UNDER THE TREE FOR RANDOM NUMBER DRAWING HELD AFTER DINNER.

ONLY $5.00 TAX INCLUDED

THIS PRICE FOR SGA MEMBERS AND GUESTS ONLY. NON-MEMBERS $7.50

SUGGESTED SEATING
7:00 PM - 7:30 PM

WE WILL BE USING PART OF THE DANCE FLOOR FOR SEATING WHICH SHOULD BE TAKEN DOWN BY 9:30 FOR DANCING

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483-1220

SOCIAL SATURDAY NIGHT
DECEMBER 9, 1995

SPECIAL
HOLIDAY DINNER MEETING

TEA CUP CAFE
1614 21st Street

7:00 - 9:00
THE TEA CUP CLOSES AT 9:00

PLEASE CHECK AT DINNER MEETING WHERE THE MAJORITY OF MEMBERS ARE CONTINUING THE EVENING

SOCIAL
8:30

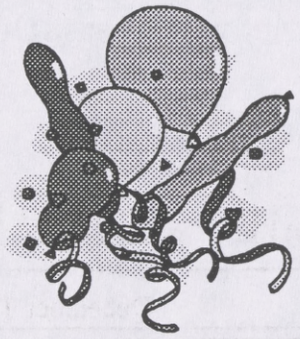
JOSEPH'S
town & country
BAR AND RESTAURANT

ADDITIONAL OPTIONS
FACES - THE WESTERN - TOWNHOUSE
(SEE MAP ON PAGE 4)

December 1995

SUN	MON	TUE	WED	THR	FRIDAY	SATURDAY
					1	2
3	4	5	6	7	8	SPECIAL Dinner 7:00 TEA CUP CAFE SOCIAL 8:30 Joseph's 9
10	11	12	13	14	15	Dinner 7:00 Joseph's SGA CHRISTMAS PARTY 16
17	18	19	20	21	22	23
24	(25)	26	27	28	29	30

NEW YEARS EVE CELEBRATION



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